Basic Cake

This is the basic gluten free cake mix I used before store bought cake mixes were available. Cornstarch and sugar are vital to the taste and texture. This recipe is almost identical to the one I used for cake mixes while still eating gluten. Mainly, it includes a different flour, and the addition of yeast and cornstarch. This cake mix can be dressed up with nuts, flavors, or colorings (beware of additional nut, flavoring, or color allergies). Most people won't know the difference between the flavor and texture of this gluten free cake and a store bought, gluten filled cake.

Pre Cook Preparation:

Meal Adaptations:

- **Physical Accommodations:**
  - **Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing**
  - **Large handled measuring cups and spoons**
  - **Large handled mixing spoons**

- **Visual Accommodations:**
  - **Easily identifiable labeled ingredients**
  - **Long oven mitts**
  - **Brightly colored measuring cups, spoons, and bowls**

- **Potential Food Allergy or Intolerance:**
  - **Butter (lactose)**
  - **Eggs**
  - **Flour (gluten)**
  - **Milk (lactose)**
  - **Sugar (diabetics)**
  - **Vanilla Flavor (gluten)**

- **Meatless Preparation Avoid:**
  - **Butter**
  - **Eggs**
  - **Substitute with: _____**

Utensils:

- **Measuring cups**
- **2 Mixing bowls**
- **Microwave safe cup**
- **Spoon**
- **Toothpick (round).**
- **Pan: 2.5 quart glass baking pan. ***
  - ***** Dark glass bakes quicker, so reduce time.**
  - ***** Aluminum foil pans also bake differently, and may react to acids in certain foods, such as berries.**

*** Cupcake pans can also be used, and will bake at a different temperature and time. This makes it easier to freeze single serve portions. Some recipe sites go into further detail, if needed.

Ingredients:

Meat:
4 eggs

Vegetables: None

Other ingredients:
1/2 cup of brown sugar
1/2 cup butter
1 teaspoon cornstarch
1 instant pudding box (or self made mix)
1/2 cup milk (lactose free)
Almond, or
Soy
1 teaspoon salt
2 cups of soy flour
1 tablespoon vanilla extract
1 cup warm water
1/2 cup of white sugar
1 packet yeast

Preparation time: 15 minutes

Preparation:
1. Heat 1 cup of water for 1.40 minutes.
2. Pour warm water into mixing bowl and add:
   1 packet yeast
   1/2 cup white sugar
   1/2 cup of milk
   Allow to rise for 10 minutes
3. Add in another mixing bowl:
   1/2 cup of butter (melted)
   1/2 cup of brown sugar
   4 eggs
   1 tablespoon gluten free vanilla
4. Stir well.
5. Grease the bottom of the baking pan lightly with butter.
6. Add to the mixing bowl:
   1 teaspoon of cornstarch
   1 box of instant pudding mix
   1 teaspoon of salt
   2 cups of soy flour
   1 yeast mixture

7. Mix thoroughly.
8. Pour into greased pan.
9. Place greased pan in oven at 350 degrees. Set timer for the minimum specified time.
10. Use a clean toothpick to verify doneness of the cake in the middle and the edges. It should come out clean.
11. Allow cake to cool slightly before dumping onto a clean plate.
12. Lightly coat in icing, if desired.

Cook Temperature: 350 degrees (Varies based on pan choice and elevation for those in the mountains.)
Your temperature here: _____

Cook Time: 30 to 45 minutes, based on pan choice and elevation.
Your bake time here: _____

Servings: About 10

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per What's Cooking America Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per What's Cooking America Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing).

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is warm.
3. Minimum 30 seconds.
Add your microwave time here: _____.